Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

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Issue 213 July 2026

SUMMER BREAK

Last Session	Club Returns
Thursday, 23rd July	Monday, 24th August

Enjoy your summer break

Swimmer of the Month

Our new 'Swimmer of the Month' has finally begun! One child from each session will be chosen by the coaches for this award each month. We start with our rather delayed May winners.

Firstly, we have our Learners Lane winner, George Norris. George always comes focussed and ready to learn with a big smile and lots of enthusiasm.

Secondly, we have our Teaching Session winner, Mary Sykes who always tries really hard and has shown big improvements across her strokes.

Finally, we have our Training Session winner, Olivia Robinson who has been

Continued on page 2...

Cherry Wilkinson Memorial Gala for June

The June age group gala was well attending, with 28 girls and 25 boys taking part, and the majority of which, managed to do all four strokes, which qualifies them for the Most Improved Swimmer Award. There was even a 9 and 10 year swimmer doing all four strokes over 25m and 50m, as they were thinking ahead for next year's competitions.

The results can be found on the Club website

https://www.colne-asc.co.uk/age-times-jun26.php

Most Improved Swimmer

We had 16 boys and 16 girls qualifying for the most improved swimmer award for June.

The winner for the boys was **William Brennan** who had a 12.15% improvement, and the girls winner was **Isabella Holt** with a 18.35% improvement since February.

Top three:

Boys		
1	William Brennan	12.15%
2	Edward Scanlan	10.10%
3	Archie Goulding	10.06%
Girls		
1	Isabella Holt	18.35%
2	Nell Norman	13.74%
3	Estelle Alderson	11.92%





Club Trip to Whitehough

For the Club Trip this year we went to the Whitehough Outdoor Centre situated near Barley. It made a change to Outdoor Elements, where we had been for the last few years. Everybody had a fantastic time, and you can read the report on page 3.

Spond

As we are now sending a lot more notifications via the Spond website and app, we have noticed that quite a lot of the members have not accepted the invitation to the various groups. It is important that you do this registration, so that you don't miss any information.

Please check your spam folders for anything that you have received from Spond involving the Club.

Another way to receive information is via the Spond app, so log into your app store and download the app, then when registering use the email that you used on your child's membership form.

Thank you.

Birthdays

July 2026

6th Dylan Bowen and Zoe Blackadder
7th Abigail Scanlan
15th Matilda Walker
16th Woody Corrigan
17th Ava Powley
20th Emilie Jeffries

August 2026

6th Jessica Lloyd and Olivia Robinson
14th Ava Davies
18th Jamie Higginbottom
23rd Kaius McGlone and Jan Yeung

Forthcoming Events:

23rd July
Last Club Session before Summer Break

24th August
The Club Returns

27th August
Learners Class Resumes

31st August
No Swimming Club
Bank Holiday Monday

2nd September
Committee Meeting. 8pm

3rd September
Swimming Club Trials
Learners Class - 6pm
Teaching Groups - 7:30pm

Contents:

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Teacher Leaving
Andy finishes teaching

Summer Break
Read top of page!

Harrogate Extravaganza
How did our swimmers do?

Would parents please note that once your child's swimming lesson has finished and they are off the pool side. Colne Swimming Club is no longer responsible for their welfare.

Would all Members please note that Colne Swimming Club will not be held responsible for any injury caused to a swimmer failing to turn up on time for their lesson, and thus missing the vital warm-up part of the session.

Could anybody changing their address or telephone number please inform the Secretary.

If anybody has any stories, items of interest, or anything they think will be suitable for the newsletter, then you can email me at the following address: **press@colne-asc.co.uk**

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Swimmer of the Month

...from page 1

absolutely smashing it in training, working really hard and picking up technique really well!

Now for Swimmer of the Month for June.
Our Learners winner is Evelyn Shilton who has shown great bravery and big improvements in her technique.

Our Teaching Session winner is Iris Walker who is really good at listening and always puts in a lot of effort with a big smile!

Our Training Session winner is Jess Lloyd who is a fabulous role model and always trains hard with an excellent attitude.

Your certificates are ready for collection. Well done everyone!

End of an Era

Teacher Andrew Higginbottom will be stopping teaching by the summer break. His last session will be on Thursday, 23rd July.

He has been teaching the Learners Classes and Lane one of the Teaching Groups for many years, and he worked with Jayne, who left at the end of last year, and Deryn in the learners lane for more than 10 years. He has helped so many young people to swim properly and has been part of the team that developed many of our swim team on their journey.

I'm sure quite a few of you would like to thank him personally, but his presence will be missed in the learners lane.

We may make a fuss of him on his last day.

Thank you Andrew.

This now leaves a vacancy in our teaching ranks. If anyone would like to help and be more involved, then see a member of the committee or have a talk with one of our teachers. Should you wish to learn to be a teacher, then the Club will reimburse you for a teachers course, but you would have to commit to a minimum of 12 months service.

Deryn would always welcome adventurous minds willing to help our learners start their swim journey.

Local Towns Gala vs Accrington

We hosted Accrington at the Pendle Leisure Centre. It was hot and the pool level was high, which meant that we treated the trough as a backstroke ledge for safety reasons.

Colne started off well winning the first relay and all but one of the backstroke events. Accrington came back into the contest during the breaststroke and butterfly events, but when we got to the freestyle events, we managed to win all but one of the events, which meant that we won the gala by 63 points to 52.

It was a fantastic contest, with the Colne swimmers achieving 39 personal bests. With 13 for the girls and 26 for the boys.

We only have one more gala to go, which will be against Great Harwood at Pendle Leisure Centre on Monday, 5th October.

easyfundraising

Currently there are **35** supporters of the Club on Easy Fundraising, and between them they have raised **£2,070.93** which equated to **£133.96** over the past 12 months.

Aquatic Adventures

One weekend in mid June, Isabella Holt took part in 2 other aquatic disciplines. On one day, she took part in a North West Artistic Swimming Competition and got a podium finish with a bronze medal in the Grade 0 Figures, ages 8-12.

The following day, Isabella and mum, Amanda did their first Open Water swim and swam 250m in a rather chilly Windermere as part of The Great North Swim. Once Isabella gained some confidence, she even did a micro IM on the way back!





Craven Duathle

Emma Mitchell, Estelle Alderson and Lilly Higgins took part in a duathle (50m swim and 1km run) organised by Craven Energy today (13.6.26). The event was held at Skipton within Aireville Park.

They all swam amazingly and didn't disappoint on the run. Although, Lily was in under 8s and Emma and Estelle under 10's they all completed the same distances.

Emma finished 2nd in 7 minutes, whilst Estelle was 3rd just 2 seconds behind in 7 minutes and 2 seconds!

Lilly finished 8th in 10 minutes 44 seconds.

Well done girls.

Harrogate End Of Season Extravaganza Meet – July 2026

We had 14 swimmers competing for Colne at the Harrogate End of Season Extravaganza Meet on 4th – 5th July: Edward Scanlan, William Brennan, George Marks, Elana Godfrey, Emma Mitchell, Betsy Townsend, Lilly-Ann Marks, Belle Tattersall, Ava Davies, Matilda Walker, Jessica Lloyd, Tilly Critchley, Elijah Bartlett and Jamie Higginbottom.

Across the meet, Colne swimmers entered 63 events and recorded 49 personal bests or first attempts, reflecting the work being put in at training with one swimmer achieving the Lancashire County 2026 Qualifying Times (**LCQT**) in their respective Age Groups.

There were a good number of top 10 finishes across the squad. Emma Mitchell led the way with a gold in the 50m Breaststroke, silver in the 100m Backstroke and 100m Breaststroke, and bronze in the 50m Backstroke, while Edward Scanlan took silver in the 100m Freestyle and 50m Backstroke, George Marks took silver in the 50m Backstroke and bronze in the 100m Backstroke, Jamie Higginbottom took silver in the 50m Breaststroke and bronze in the 100m Breaststroke, William Brennan took bronze in the 100m Freestyle and Jessica Lloyd

took bronze in the 100m Breaststroke.

There were strong swims across all age groups, with swimmers continuing to gain experience and improve in competition. Overall, it was a solid meet and a good day out for the club.

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COACHING TIPS : The Bob Bowman Dolphin Kick Set

One of the challenges of building fast underwaters is having the conditioning to be able to rely on it as fatigue creeps up on you when racing.

This dolphin kick set, one of the staples for Bob Bowman's elite athletes, is designed specifically to fatigue-proof the UDK (Underwater.Dolphin Kick)

"It's one of the hardest things that we do," he said during an ASCA presentation in 2025 when he discussed this set.

Designed for the fastest swimmers and kickers in the world, draw inspiration from it, and start with the regression with developing and less-elite swimmers.

The set (and the intervals) are designed for a short course yards pool. Bowman's swimmers also use fins.

2-3 rounds:

4x25 free swim easy on :20
4x25 UDK fast on :20
3x25 free swim easy on :20
3x25 UDK fast on :20
2x25 free swim easy on :20
2x25 UDK fast on :20
1x25 free swim easy on :20
1x25 UDK fast on :20

Set notes:

Bowman has his swimmers do the third round on :15 (they are elite for a reason)

He is also adamant that age group swimmers should not do this set as listed.

His swimmers get around 10 seconds rest per repetition, so it's not a take-one-breath-and-push-off kind of set. There's significant recovery happening.

He also offered an age group version:

2-3 rounds:

1x25 free swim on :30
1x12.5 UDK, 12.5 swim on :30
1x25 free swim on :30
1x25 UDK on :30

“Do a couple of rounds of that. The key element in these underwaters is that they have breathing time on the wall," emphasizes Bowman. "For young kids, they [should] have full recovery… You don’t want to do it where they’re coming up, taking one breath, and then pushing off again.”

Bowman also notes that his elite swimmers worked up to that monster of a set detailed above.

So draw inspiration from it, progress steadily from where you are, and build the conditioning to kick hard when it hurts most on race day.

See you in the water,

Andrew

Club Trip to Whitehough

A group of 30 children and 8 adults went on the Club trip to Whitehough Outdoor Centre on Saturday, 27th June. The weather started off cloudy and warm, but the sun came out and into the afternoon it got quite hot. The children took part in three groups of 10, with 4 activities each. Group 1 did Tree Climbing, Archery, High Ropes and the Obstacle Course, Group 2 did Jacob's Ladder the Obstacle Course, Archery and High Ropes, whilst Group 3 did the Obstacle Course, Tree Climbing, Problem Solving and Archery. The children all had a great time, and the adults were kept busy helping out with the activities. For some reason some of the adults had a go at Archery, but not the Obstacle Course or the High Ropes. Once all the activities had been done, we had a group photo taken which included the instructors and some of the adults.

Then everybody started to leave for home, and the children waiting for parents to pick them up were walked upto the road for their parents to collect them. Some not wanting to leave as they had had such a fantastic day.

A big thank you to all the adults who helped out.

Photos from the day are now available to browse/download from the Club website.

If anyone wants hi-res version of a photo, then contact me at press@colne-asc.co.uk, and it will be sent to you.















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